UCSF NEWS

NUTRITION and THERAPY

The increased physical stature of people in many nations today is evidence that the nutrition of man is generally much better, now, than it was at any time in the past. Rickets—a bone-deforming disease due to lack of vitamin D—is rarely seen today, because of vitamin D-fortified foods and supplementation with vitamin D in infancy and childhood. Early in this century, as many as 95 percent of children living in cities would have had evidence of rickets. Other evidence of accelerated maturation induced by better nutrition may be the earlier onset of menstruation.

Since most Americans have access to such a wide variety of foods, there is no reason they should worry about vitamin or mineral deficiencies, provided they have normal digestive and intestinal absorptive function and eat foods each day selected from the four "basic" food groups: A) milk products, B) meat or other protein, C) vegetables and fruits, and D) bread and cereals.

"Populations in underdeveloped countries may still be undernourished, whereas many Americans are overnourished, particularly with calories," said Dr. Harold A. Harper, UCSF Professor of Biochemistry. "Too many of us are obese—an unhealthy state—and our overly rich diets apparently have a lot to do with our high heart-attack rate."

Dr. Harper points out that a diet of 900 to 1,000 calories per day will induce a modest rate of weight loss in moderately active people—no matter what combination of foods supplies the calories. However, a calorie-restricted diet that is high in fat but low in carbohydrates is actually a useful reducing regimen, not only because of its satiety value (i.e., less hunger is felt than with a diet containing a higher percentage of carbohydrates) but because such a diet also accelerates utilization of stored fats as a means to achieve weight loss. In a limited study of patients on a high-fat reducing diet, there was no evidence of a rise in blood lipid or cholesterol concentrations. For short term use, it appears to be a safe diet.

Dr. Harper says that not only do many adult Americans consume too many calories, they also eat more meat than is necessary. "A quarter pound serving of boneless meat meets good nutrition needs," he pointed out. "For adults, a daily increase of 60 to 70 grams of protein is quite adequate, but most Americans are taking almost double this amount."

Vitamins as Treatment

Most people know that certain vitamins and minerals are necessary for good health, but since these are available in a well-balanced diet, taking extra synthetic vitamins is not necessary for the normal, healthy individual. According to Dr. Harper, "Taking extra vitamins constitutes a drug *treatment* rather than a food supplement."

Large doses of vitamin C are said to cure or prevent colds, and many people attest that in their experience this is so. To date, however, there is no unequivocally satisfactory evidence to prove it. Fortunately, vitamin C appears to be non-toxic, even when taken in large doses. This is also true of the B vitamins.

On the other hand, overdoses of vitamins A and D can be extremely toxic, particularly to children. Dr. Harper noted: "Excess of vitamin A may cause mental disturbances, nausea and vomiting, and skin and bone deformities. Excess of vitamin D can cause abnormally high blood calcium with deposition of calcium in the soft tissues, depression of brain function, and kidney damage."

Dr. Harper explained that hypervitaminosis (illness caused by an excessive amount of vitamin) *cannot* result from obtaining these vitamins from natural sources—from food and sunlight (source of vitamin D). Only when massive doses of vitamins A and D are given for therapeutic purposes does possible overdosages become a problem.

To lessen the problem of toxicity of these two vitamins, the Food and Drug Administration has recently decreed that pharmaceutical preparations containing more than 10,000 grams of either vitamin A or vitamin D may only be sold by prescription. This ruling does not, however, prevent anyone from obtaining adequate amounts of these vitamins from their diet or from pharmaceutical preparations prescribed by physicians.

In certain diseases, vitamins are used as definitive treatment. Vitamin B-12, ordinarily needed only in

for victims of fire.

micrograms, is life-saving for people suffering from pernicious anemia. Vitamin B-6 is used to treat certain convulsive disorders in children.

It must be stated that the ideal amount of each vitamin in the diet is not yet known with absolute certainty, but research in this area continues.

Diet as Treatment

Certain individuals with inherited deficiencies in metabolism cannot tolerate certain foods, and in these cases a specific diet constitutes chemical intervention. People suffering from sprue—an illness that causes diarrhea and malnutrition because of poor absorption of food in the small intestine—cannot tolerate gluten, which is the sticky protein found in wheat. But if gluten is omitted from their diet, good health can almost always be restored. Likewise, there are those people who simply cannot tolerate milk in larger than normal amounts; they may lack the digestive enzyme called lactase, required to break down lactose, the sugar of milk. The remedy is to eliminate or reduce lactose from the diet. Much more often, however, milk intolerance is due to allergic sensitivity to cow milk protein.

In certain conditions of illness, accident, or extensive surgery, special nutrition is crucial in the total treatment and often spells the difference between life and death. For instance, in the case of a patient with extensive bowel disease, intravenous feeding may be necessary for as long as two months, in which case the physician in charge must worry about the concentration of such elements as sodium, potassium, calcium, magnesium, and phosphorous. He must also devise ways of infusing adequate amounts of protein and calories. Feedings through the veins over a long period of time require exceedingly careful techniques to avoid inflammation of the veins and serious infection. In spite of such difficulties, "Chemical intervention to provide complete nutrition by intravenous feeding constitutes a monumental achievement of modern medicine," stated Dr. Thomas K. Hunt, UCSF Associate Professor of Surgery.

Nutrition in Injuries

In the case of severe injury, including burns, large amounts of protein and extra vitamins are essential for wound healing. Dr. Hunt explained that the body needs so much protein for wound healing that it will strip protein from other parts of the body to rush to the healing site. "Muscle wastage can be extreme," he said.

Vitamin C., in particular, is related specifically to wound healing. On the other hand, Dr. Hunt and other research team members of the famed Trauma Service at San Francisco General Hospital, discovered that vitamin E is *not* helpful when applied to fresh wounds. The Trauma Service research on vitamin E in wound healing is the only objective study done anywhere, so far. Vitamin E does, however, act as a mild anti-inflammatory agent when the wound is at its "itchy-scratchy" stage, according to Dr. Hunt, and the same is true for Cortisone.

Hyperalimentation

Therapeutic "over-feeding"

A feeding method known as hyperalimentation (over-feeding) is used in cases of severe injury and burns. An infusion rich in calories, proteins, and vitamins is fed into a catheter which is inserted near the collar bone into the large vein, called the superior vena cava, leading to the right heart chamber.

Dr. Hunt stated that hyperalimentation has saved the lives of many severely injured people who otherwise would have died, despite the best of surgical and nursing care. He cited the case of Wayne Lindblom, who was mangled when a huge shovel crushed him against the ditch bank in which he was working, smashing his chest and abdomen, fracturing two lower vertebrae and several ribs, tearing his left kidney, and rupturing his aorta, large intestine, spleen and pancreas. Dr. Hunt was one of a team of 65 doctors, headed by Dr. George F. Sheldon, who treated Lindblom at the Trauma Service over a period of seven months. Lindblom required seven operations, a month of artificial treatment, three weeks in a respirator, and for six months he had to be fed artificially. He was given less than one chance in 100 to survive.

"I have never seen a more massive and varied set of injuries and complications," recalled Dr. Hunt, "but despite the outstanding surgical, medical, and nursing care he received, Lindblom would not have survived without the use of hyperalimentation."

The Feeding of Premature Babies

Until a baby weighs at least four pounds, it cannot suck or swallow and must be fed through a stomach tube—preferably with its own mother's milk, which can be obtained by a breast pump.

Dr. Roderic H. Phibbs, UCSF Associate Professor of Pediatrics, who heads the Newborn Intensive Care Unit at UCSF, explained that some premature babies are so sick they cannot tolerate the stomach tube. "This constitutes a severe problem" he added, "because their high nutritional needs must be met. Nutritional defects in these infants can cause brain defects or retardation because this is a period when the brain should be growing rapidly. The baby can receive between a quarter and a third of its food requirements by means of glucose fed through a catheter in its veins. The hyperalimentation method can feed calories, protein, and vitamins through a catheter attached to the large jugular vein; however, hyperalimentation carries risks for the critically ill infant."

Research on improved methods of hyperalimentation is being done by Dr. Alfred A. de Lorimier, Associate Professor of Surgery, who has had extensive experience in the problem of feeding children born with malformations that prevent their eating normally until corrective surgery has been done.

Dr. Peter R. Dallman, UCSF Associate Professor of Pediatrics, is doing research in the problem of nutritional anemia in infants and children. Anemia is a condition in which the amount of hemoglobin, the red pigment in blood, is decreased. When anemia is severe, it decreases the amount of oxygen that the blood can carry to the brain and other tissues.

"Premature infants develop anemia due to iron deficiency in the first few months of life unless they receive extra iron," according to Dr. Dallman. He and his colleagues are developing a new laboratory test that can detect iron deficiency before anemia occurs. The test can also determine how much iron should be added to food, because an excess is also harmful.

Dr. Dallman explained that ours is a society generally deficient in iron—"probably because our food is so clean. People in underdeveloped countries may absorb a lot of iron into their systems simply from living closer to the soil, in which iron is abundant," he said. Elimination of iron pots for cooking has also lessened the amount of available iron from our diets.

Dr. Melvin M. Grumbach, Professor and Chairman of the Department of Pediatrics at UCSF, pointed out that "Anemia can develop in children who drink too much milk—at the expense of other foods they should be eating, because cow's milk is extremely low in iron."

Some of this iron deficiency has been offset by the federal law making it mandatory that all flour sold in interstate commerce be fortified with iron and certain B vitamins. Only recently, the government has decreed that the amount of iron presently used for enrichment must be doubled. Drs. Harper, Dallman, and Grumbach are in agreement with the vast majority of nutritionists who believe that this is a safe and highly constructive public health measure to improve nutrition.

Diet in Pregnancy

"Iron stores of women are seldom large enough to meet the iron requirements of pregnancy," said Dr. Alan J. Margolis, UCSF Professor of Obstetrics and Gynecology. "Therefore, iron preparations can and should be taken by mouth—from 30 to 60 mg. of iron as a daily supplement, especially during the second and third trimesters."

Dr. Margolis explained that the blood volume increases markedly during pregnancy but that the increase in total volume of red blood cells is relatively smaller, resulting occasionally in anemia—this at the very time that heavy nutritional demands are being created by the growing fetus.

Evidence that good nutrition is important to human reproductive efficiency comes from the experience in Great Britain during World War II, when pregnant women were given special priority under the food rationing policy. During this period the stillbirth rate fell from 38 per 1,000 live births to 28.

Dr. Margolis cited the National Research Council report on maternal nutrition, which recommends an average weight gain during pregnancy of about 24 pounds as being commensurate with a better than average course and outcome of pregnancy. "If the mother doesn't eat enough she's likely to have an underweight baby," said Dr. Margolis. "A number of studies have shown that severe caloric restriction is potentially harmful to the developing fetus and to the mother, who shouldn't worry about her figure until *after* the baby is born."

The adolescent (under 17 years of age) poses special problems during pregnancy because she may not have completed her own growth. Her eating habits may be bizarre and consequently insufficient to maintain both her own nutritional needs and those of the growing fetus as well. Some girls are so young their pelvis is not yet fully developed and they must be delivered by Cesarean section.

"We see a lot of very young pregnant girls," observed Marjorie E. Newton, Associate Professor of Nutrition at UCSF. "They tend to have a disproportionate number of babies weighing less than four pounds at birth, and infant mortality rates are much higher for infants born to very young mothers. An important part of their prenatal care is to educate them in the importance of nourishing, well-balanced diets, with special attention to calories, protein, calcium, and iron."

Nutrition of Children with Kidney Failure

Another specialized field in nutrition is concerned with the treatment of children who, because of their diseased kidneys, must undergo periodic cleansing of their blood by an artificial kidney machine.

Dr. Malcolm A. Holliday, UCSF Professor of Pediatrics, who heads the children's Kidney Failure Program at San Francisco General Hospital, says that the problem of nutrition is crucial in treating these children. "We have to get enough calories into them to sustain normal growth while at the same time restricting salt, phosphorus, potassium, nitrogen, and fluids," says Dr. Holliday. "Children on chronic hemodialysis are not allowed the dietary freedom enjoyed by adults undergoing the same treatment. Because of their smaller body size, there is a greater disparity between their calorie requirements and their tolerance

of proteins and minerals. Therefore, our small patients require foods which are high in calories but proportionately low in protein, salt, and phosphorus. Most of their protein must be in the form of eggs and meats rather than cereal or vegetable protein.

"Milk products, which children like, must be restricted because of their high phosphate content. We have to compromise and balance the ideal diet with the desired diet."

Because the children must undergo dialysis treatment lasting from four to six hours, three times weekly, their chronically poor appetite is even further reduced.

"Some children have been brought to the unit in extremely poor nutritional condition," says Dr. Holliday, "but our nutritionists are skillful in making the food appetizing and our nurses are very helpful in developing a positive attitude in their small charges. Nutrition, environment, and attitude are an important part of treatment."

The Liver Plays a Key Role in Nutrition

"Any discussion of nutrition would be incomplete without some tribute paid to that marvelous organ—the liver," said Dr. Michael M. Thaler, Associate Professor of Pediatrics at UCSF.

The food we eat must be turned into the chemicals of life, and in this extraordinary performance, the liver plays a key role. Most of the blood that leaves the stomach and the intestines must pass through the liver before reaching the rest of the body, and it is the liver that processes nutrients and detoxifies poisons that might be ingested with our food, whether these poisons are natural or man-made, such as drugs.

Detoxification of chemicals by the liver can be regarded as one of the body's developments that has enabled man to survive. Thus, the lesson taught by the liver is that our body chemistry is exceedingly complex and marvelously efficient and usually does not call for intervention. If it does require intervention, as in cases of sickness or injury, the less the better.

Joan Spiegelhalter

Preventive Dental Care

Not too long ago, the first thing freshmen dental students learned was how to make false teeth, and the emphasis in their training was on what to do *after* patients had developed cavities and gum disease. Today the emphasis at UCSF's School of Dentistry is on *prevention* of these conditions and on getting dental care and preventive information to the community.

The Division of Preventive Dentistry and Community Health was created in 1968. Dr. Samuel J. Wycoff, who heads the program, points out that research over the past ten years has narrowed down the major cause of tooth decay and gum disease (periodontitis) as being due to bacterial plaque. "Teach people plaque control—thorough removal of the plaque at least once a day by means of proper toothbrushing and use of dental floss—and they should be able to keep their own teeth for a lifetime," says Dr. Wycoff.

Plaque is a sticky film composed of bacteria and food remnants that adheres to the teeth, especially between the teeth and at the gum line—the very areas that toothbrushing alone has difficulty in reaching. If plaque is not removed within 24 hours, bacterial colonies form to produce chemicals that attack the teeth and irritate the gums.

Presently, only two percent of Americans escape tooth decay, and 90 percent suffer from gum diseases. More teeth are lost from gum disease in persons over 35 than from decay.

"This is a terrible situation," says Dr. Wycoff, "and we are determined to rectify it. We now know that through plaque control, cutting down on sweets, the use of fluoride in water systems, toothpastes and topical applications, and regular visits to the dentist, most people should have healthy teeth and gums. The problem is to educate the public and motivate people to take responsibility in preserving their own teeth."

"We expect our dental students to teach their patients plaque control and other preventive techniques when they start their own practices, and a large part of their training now takes place in community clinics where they not only give dental care but also teach people preventive dental care," Dr. Wycoff continued.

Thanks to a grant to UCSF from the National Institutes of Health, a program is now underway in two East Bay junior high schools to motivate students, in the broadest sense, to preserve their teeth. Through audiovisual aids—slides, brochures and mime troupe skits, these students are taught plaque control by dental aides from the community. One of the schools is in a low socioeconomic district where good diet and access to dental care are often deficient. A three-year follow-up is planned to determine the effectiveness of the preventive program in these schools and to serve as a model for similar programs elsewhere.

The trend to extend dental care and preventive education into the communities rather than being confined to the dental clinic has increased within the past few years. Not only are students assigned to outreach clinics on a regular basis but also many students volunteer one or two evenings a week in community clinics spread throughout the Bay Area and as far away as Mendocino County, the Central Valley, and even Mexico. All their work is supervised by faculty instructors.

Says one volunteer: "Working in community clinics makes you feel great! A very nice feeling spreads because the patients know you are helping on a volunteer basis and they are extremely grateful for any dental care you perform."

"Both patients and students benefit," says Dr. Wycoff. "Families and individuals who cannot afford private dental care receive excellent care, as well as instruction in preventive care. The students attain invaluable knowledge and experience, not only in dental skills but in perception of socioeconomic conditions that militate against good health. They are exposed to the plight of the underprivileged and sensitized to wanting to do something to rectify conditions."

Student Norman Tardiff recently received a national award from the American Student Dental Association for developing a community program in preventive dental care. Luis Gonzalez won second place in a national community dentistry contest for helping to develop the Our Lady of Guadalupe Health Center. Recent graduate Steven Cavagnolo is off to Malawi, Africa, to serve a residency in community dentistry. He is the second UCSF dentist to serve in Malawi under a program developed between the Vesper Medical Overseas Program and UCSF.

Dr. Wycoff concludes: "The social consciousness of our students is impressive, and it is a great pleasure to work with them and to observe the sense of reward they experience from providing dental care in the community areas where this is most needed.

The community clinics where UCSF students participate are:

The Family Health Project in the Haight-Ashbury area, where children and whole families receive comprehensive dental care.

The Berkeley Free Clinic, where preventive and emergency care are offered.

Our Lady of Guadalupe Health Center, which offers comprehensive care to citizens of Northern San Mateo County.

The Clinica De La Raza in East Oakland, organized by the Chicano community, offers comprehensive dental care.

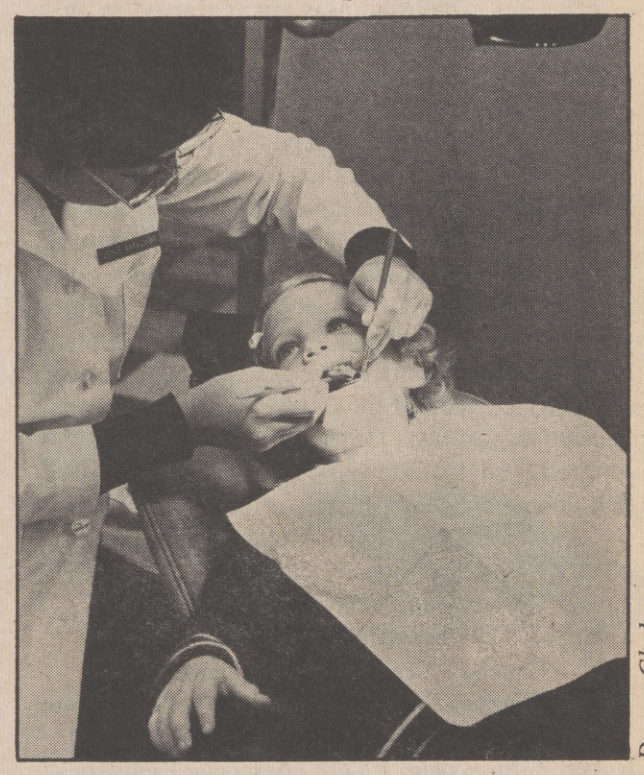
The Lifeline Mission Dental Clinic in the south of Market Street area, where patients are generally impoverished and elderly.

The U.C. Mobile Clinic, started in 1965, gives care to the children of migrant farm workers in the Central and Salinas valleys. Complete dental operatories are built into the huge mobile unit, and this traveling clinic is perhaps the most advanced and well organized dental clinic of its kind to be found anywhere.

Casa De Todos, the Project Concern clinic in Tijuana, Mexico, which is staffed entirely by UCSF dental students in the summer.

Joan Spiegelhalter

Dr. James D. Saddler (center), lecturer at UCSF's School of Dentistry, holds a staff conference to review new patients. Left to right are Stephanie Dort, instructor in dental hygiene at UCSF; Dr. Saddler; Rose Brown, clinic coordinator and licensed dental hygienist; and Louis Gonzales (nearly hidden), senior dental student at UCSF.



Donna Chaban

A first dental checkup for Jessica Comuffo on opening day at the dental clinic held at Our Lady of Guadalupe Health Center. She was relaxed and interested in dental hygienist Joyce Nakashima's examination procedures.

Biological Perfection

The moment in evolutionary development when Man will have arrived at the "biological perfection of himself" is at the heart of the writings of Pierre Teilhard de Chardin. He termed it "Point Omega." Teilhard, a member of the Jesuit Order, died in 1955 but his writings and the philosophy he expressed in them has found many admirers among current thinkers. This philosophy and the results of his scientific studies have caught the attention, not only of religious and academic scholars, but of a vast number of other individuals who are basically concerned about the future of the human race . . . statesmen, scientists, students, labor leaders, educators, community leaders, etc.

A native of Auvergne, France, Pierre Teilhard de Chardin is sometimes designated as the "scientist-philosopher-priest." During his life-long membership in the Jesuit Order, he continued to develop his studies in science, especially in paleontology. He studied and wrote extensively, but it is only in recent years that his works have been widely published. Perhaps his best known books are "The Phenomenon of Man," "The Appearance of Man," and "The Future of Man."

Teilhard's scientific work took him to many countries, including Tibet, Somaliland, Yemen, Malaya, Burma, Java, India, and South Africa. Following World War I he lived for many years in China, where he was involved in the recognition and classification of Peking Man. The years after World War II found him a frequent visitor and lecturer in the United States.

In May, 1971, an international symposium, jointly sponsored by the City and County of San Francisco and UCSF was held at the Palace of Fine Arts. It brought together scholars from all over the world to discuss, both pro and con, Teilhard's philosophy of ultimate perfection. This philosophy led him on a life-long pursuit for evidence that mankind is in an evolutionary process which will ultimately culminate in a state of "noogenesis". . . his "Point Omega" in evolutionary development, characterized by "super-homination" and "super-creativity."

The 1971 symposium was not conceived as an "ideological confrontation" but rather as a vehicle to present opposing thoughts in a calm, rational manner. It was offered with the hope that solutions for the survival of the human race might be germinated; and as a model for continuing discussions of vital issues. The papers presented at the symposium are now available in a volume entitled "Teilhard de Chardin: In Quest of the Perfection of Man," edited and compiled by Geraldine O. Browning, Joseph L. Alioto, and Seymour M. Farber, M.D. This volume contains the last published work of the late Dr. L. S. B. Leakey, Honorary Director of the Centre for Prehistory and Paleontology, Kenya. Other contributors are:

Joseph L. Alioto Mayor of San Francisco

J. Ralph Audy, M.D., Ph.D. Professor of International Health and Human Ecology
Director Hooper Foundation
University of California, San Francisco

Theodosius Dobzhansky, D.Sc. Professor of Genetics, Rockefeller University

Mark F. Ferber, Ph.D. Vice President for Student Services, University of Santa Clara

Robert T. Francoeur, Ph.D. Associate Professor of Experimental Embryology,
Farleigh-Dickinson University

Ralph R. Greenson, M.D. Clinical Professor of Psychiatry, University of California, Los Angeles

Christopher F. Mooney, S.J. President, Woodstock College

Conor Cruise O'Brien, Ph.D. Member of the Irish Parliament

George Gaylord Simpson, Ph.D. Trustee of the Simrose Foundation

Bernard Towers, M.B., Ch.B., Professor of Pediatrics and Anatomy, University of California, Los Angeles

N. Max Wildiers, Ph.D. University of Louvain
University of San Francisco

The Honorable Pearce Young Judge of the Superior Court, Los Angeles County

---

Browning, Geraldine O., Joseph L. Alioto, Seymour M. Farber, M.D. Teilhard de Chardin: In Quest of the Perfection of Man 290 pp Fairleigh Dickenson University Press Rutherford-Madison-Teaneck

Leakey Foundation Conference

On December 1st and 2nd, 1973, the Leakey Foundation Memorial Series will hold a conference at the Palace of Fine Arts. It is entitled "In Search of Man." Among the speakers will be Mary Leakey, Jane Goodall, Raymond Dart, and Diane Fossey. For further information call Mrs. Hulting at 387-1668. Registration may be made through the California Academy of Science or at the conference when it opens. One unit of credit will be given to those enrolled at San Francisco State University. There is a fee of $50 covering both days. Students may enroll for $35.

UCSF NEWS is a publication of the University of California, San Francisco
Francis A. Sooy, M.D., Chancellor
Produced by the staff of the Office of Public Programs
Editor, Rita Carroll
Issued in the months of November, December, February, March, April, May, and June.
UCSF NEWS, 1487 Fourth Avenue, S.F. 94143

Sunset-Richmond Health Services

The San Francisco Community Health Services and UCSF collaborate in a health care program for the Sunset and Richmond districts, designated Catchment V. Psychiatric assistance is made available to the residents of these districts through the Sunset Mental Health Center; the Langley Porter Neuropsychiatric Clinic's Third-floor In-Patient Service, the Immediate Treatment Center, and the Children's Service; and the U.S. Public Health Hospital.

Both districts, with a combined population of 200,000, use the Day Treatment Center at 41st Avenue and Ortega Street. During the period from September, 1971, through June, 1972, a total of 1,784 individuals (representing 9,137 patient-days) were treated at this center. The Sunset Outpatient Center at 24th Avenue and Irving Street treated 1,575 patients during the same period, and the Crisis Intervention Service at LPNI provided treatment for 270 inidivduals (representing 985 patient-days). These figures are just a partial account of the total scope of Catchment V.

Potential suicides, children who have difficulty in school, couples with marriage problems, elderly . . . all are represented among the individuals who seek help through the several facilities available to those who live in the areas included in the western third of San Francisco. These facilities include the Day Treatment Center, Geriatric Day Treatment Center, Youth Guidance Psychiatric Care, Monday Creative Workshop, Crisis Intervention, Emergency Services, Community Mental Health Training, and a Home Visiting Team.

Depending upon location, residents living within Catchment V may utilize the centers listed below:

SUNSET-PARKSIDE RESIDENTS
(Lincoln Way to Sloat Blvd. & West Portal; Stanyan to the ocean)

District V Health Center (1351 24th Avenue)
Phone: 661-2013

UCSF Psychiatric Clinic (New Clinics Building, Parnassus)
Phone: 752-1400, Ext. 333

RICHMOND RESIDENTS
(6th Avenue to the ocean; Fulton to the Presidio)

U.S. Public Health Service Hospital (15th Ave. and Lake Street)
Phone: 752-1400, Ext. 333

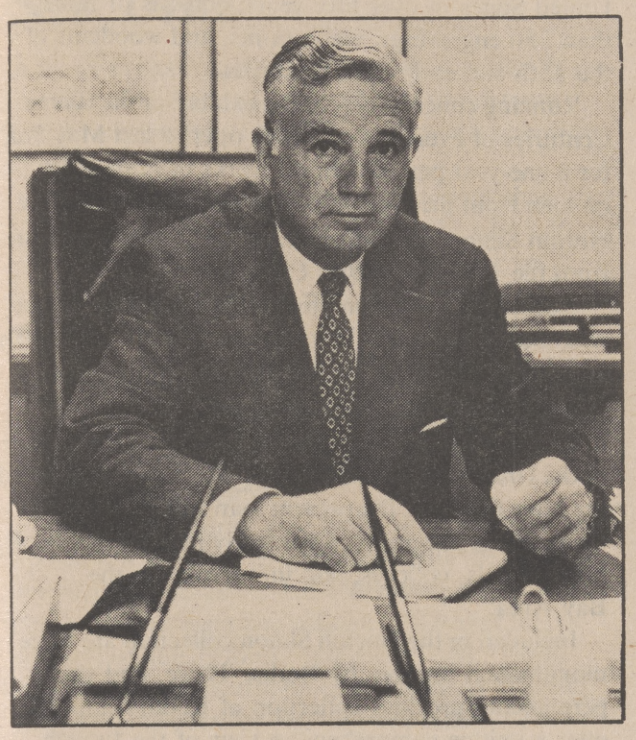
OCEAN-MERCED-INGLESIDE RESIDENTS
(South of Sloat Blvd. and West Portal to the county line)

OMI Family Center (2445 Ocean Avenue)
Phone: 334-4717

For Crisis Intervention and Emergency Services

Langley Porter Neuropsychiatric Institute (401 Parnassus)
Phone: 681-8080

Memo



This campus is continuing its efforts to meet the increasing health needs of our city and state through decentralization of its activities. Negotiations are currently underway with San Francisco General Hospital authorities to establish a 24-chair dental clinic, there. A second dental clinic of 16 chairs is also planned and efforts are being made to find a suitable site.

An extended degree program leading to a Master of Science degree in Nursing is in its second year in Sacramento. It is a cooperative educational program between the School of Nursing, University of California, San Francisco; California State University, Sacramento; and COGEN (Cooperative Graduate Education in Nursing). Two specialized areas of study are offered: health problems of young adults, and those of the aged. As an integral part of the program, nursing courses utilize the work-study concept, which enables students to use full-time work experiences as laboratories related to courses. In addition, the School of Nursing has developed a program by which registered nurses can earn a Bachelor of Science degree on a part-time basis, under the extended university concept. Through this plan, and with the cooperation of the San Francisco Consortium, registered nurses can complete the non-nursing academic requirements for the degree at other San Francisco institutions while taking their nursing courses on this campus. A survey of Directors of Nursing Services at San Francisco hospitals has shown that several registered nurses on various staffs would welcome the opportunity to work towards the Bachelor of Science degree while continuing their nursing duties on a part-time basis. The program is now under final review by the University and, if approved, will become part of the University's extended degree program.

The School of Medicine is participating in an Area Health Education Center at the Valley Medical Center in Fresno for the purpose of training family practitioners. This program, which utilizes existing community facilities, is made possible by a large federal grant and may eventually include the training of undergraduate medical students.

UBAC

If you have not yet made your contribution to the United Bay Area Crusade may I urge you to do so. It is only through your generosity that the many worthwhile activities of this organization can be continued in our communities.

Francis A. Sooy, M.D. Chancellor

Communities

Karen Gottlieb

Outdoor Program for All

Have you ever breathed the clear, cold air on a mountain top? Watched the warm glow of a sunrise fill a dark sleepy valley? Paddled a lake that doesn't smell like an outboard motor? Looked up toward the sky searching for a handhold or crack to pound a piton? Or watched a family of deer bounce away in the snow?

At UCSF a cooperative organization "Outdoors Unlimited" has been formed to make the wilderness accessible to everyone in the campus community. Students, employees, local businesses, clubs, private citizens, and other professional groups are encouraged to pool their interests and energies to create a low-cost path to sharing the wilderness experience.

"Outdoors Unlimited" operates on the premise that you learn by doing, making decisions, and feeling the environment not only through the soles, but through your fingers, nose, eyes, and cheeks. Therefore, experienced volunteers will conduct trips emphasizing living, participating, experiencing, and learning by doing. The excitement and mystery of a river lies not in conquering it by speeding over it, but in going over an unexpected rapid, catching an eddy created by a large boulder, or being able to read the river through currents and the thundering of approaching waterfalls or rapids.

The goal of our universities is to turn out the "whole man"; that is, one who has the knowledge of himself, his environment, and of a profession. Therefore we feel everyone should discover and develop a respect for our wilderness areas and live his life to complement nature rather than destroy it.

Some activities already planned are: backpacking, snow-shoeing, cross-country skiing, downhill skiing, rock climbing, sailing, kayaking, scuba diving, river-running in rafts, canoeing, nature photography, bike touring, equipment familiarization sessions, films, equipment swaps, rap sessions, and basic skill clinics.

To supplement these activities, a small rental service will be available for expensive equipment that would normally be financially out of reach; i.e., canoes, paddles, etc. We stress that all trips will be run as inexpensively as possible, the only expenses being the costs of transportation and the use of the equipment if needed. An information center is being developed to provide basic sources for outdoor recreation; such as, logs of the major river runs, topographic maps, instructional books, and any used books donated dealing with the outdoors. Most of all we want to provide a convenient location for members of the community and campus to meet other people eager to explore the wilderness without spoiling it.

Individuals who possess any abilities and who are willing to share their knowlege in any area of outdoor recreation with others are encouraged to get in touch with "Outdoors Unlimited" and we will publicize, arrange rentals, provide resources, and help in any way we can.

We have scheduled a beginning and advanced canoe trip as well as ski instruction and hikes. You owe it to yourself to try something you haven't done or to go where you haven't been. Contact "Outdoors Unlimited" through U.C. Recreation Department, 666-1429, and find out how you can help or benefit others.

Community Sex Information

Are you one of countless millions who have sex problems or sex questions you would like answered but don't know where to turn for help? The San Francisco Sex Information Service, (SFSI) has trained phone counselors who will answer any and all questions dealing with sex in a helpful, informed, and non-judgemental manner. There are four telephone lines open from 3:00 to 9:00 p.m., Monday through Friday. Telephone 665-7300.

SFSI, which started in November 1972, is a non-profit organization supported by private foundations and by fees earned from speeches, courses, and workshops presented by the SFSI staff and available to schools, agencies, and interested groups.

The three directors of SFSI are Toni Ayres, Maggi Rubenstein, and Carolyn Smith; all qualified sex counselors. They are also staff members of the Sex Advisory and Counseling Unit of the Human Sexuality Program at UCSF. Their premise is that, heretofore, society has neglected to provide dependable, legitimate institutions which can inform and educate people in sexual matters; and that even professional persons, to whom people look for guidance, have few resources for specific sex information. SFSI is an innovative program that is helping to rectify this situation. The only other sex information telephone service is in Boston.

"Sex information is a human right," says Ms. Rubenstein. "Moreover, we believe that only by allowing and encouraging people to seek answers and to discuss sex openly can our society begin to solve such problems as VD epidemics, unwanted pregnancies, rape, and the tragic prevalence of unsatisfying interpersonal relationships."

The volunteer counselors have all been trained in an intensive two-month seminar based on courses developed by the National Sex Forum. They receive an average of 40 calls a day from people of all ages; about 30 percent of calls are from young people under age 18.

The SFSI also offers a referral service from its extensive list of medical, psychiatric, and counseling sources, which include the Human Sexuality Program at UCSF (for sex counseling of couples) and appropriate UCSF clinics.

Millberry for Community

Participation in the Millberry Union's recreation activities at UCSF was opened to neighborhood residents this past summer on a trial basis. The program has been extended until the end of the Fall Quarter in December. It will be evaluated at that time.

The price of a Community Athletic Privilege card is $5.00 per academic quarter and each card holder and their guests will continue to pay $.75 per person each time the facilities are used.

Each card holder may host as many as five family members and/or guests at any one time.

Each card holder and guests needs to supply his/her own towel and bathing suit.

Children of card holders who are twelve years of age or older may use the swimming pool on an unaccompanied basis if they can successfully pass a basic swim skills test.

Card holders and their guests may not use the athletic facilities between 3:30 p.m. and 5:00 p.m. on weekdays (These are "peak hours" when the facilities are heavily used by UCSF students).

Due to the fact that our two squash courts are already in constant maximum use, the campus must regrettably deny the use of the courts to our community card holders.

Additional information is available by telephoning 666-1131, Office of Campus-Community Planning, Mr. Robert J. La Pointe.

Job Opportunities

Are you a good typist? Looking for work? Residents living in the vicinity of UCSF who would like temporary full-time or part-time work may be interested in applying to the Personnel Office at UCSF for employment in the Clerical Pool.

Ability to type 55 words or more per minute is a requisite. Experience should include at least two years of clerical experience or six months of clerical experience plus 2½ years of college. Pay is $3.17 per hour.

Jackie Schilling, Clerical Pool supervisor, states that excellent typists are in demand to fill departmental requests for temporary clerical work. Requests for typists to handle correspondnece and heavy manuscript typing are typical of job orders placed by departments. Job assignments may range from one week to one month, and, in some instances, longer than one month.

Interested applicants may apply in person to the UCSF Personnel Office, Room 12-U, Third Avenue and Parnassus. Hours are from 8:00 a.m. to 4:00 p.m., Monday through Friday.

At the Museums

El Gran Turco (1460-70), on loan from the Staatliche Museen, Berlin, is part of the Italian prints exhibit at the California Palace of the Legion of Honor. It will remain until January 13, 1974. This, the first major showing of early Italian prints to be held in the United States in over fifty years, consists of more than 350 engravings, niello prints, and woodcuts of the 15th and early 16th Centuries.

Running concurrently is the exhibition of "Three Centuries of French Art" which opened last May 3rd, for a one-year period. The 63 works of French art, on loan from the Norton Simon Foundation and the Norton Simon, Inc. Museum of Art, represent artists from the 17th to the 20th Centuries.

According to Norton Simon, the Legion of Honor was chosen because "this museum, perhaps more than any other in the country, has had an enduring interest in bringing French art to this country in an effort to promote better understanding between the people of the United States and France." Mr. Simon expressed the hope that ". . . the present loan will be helpful in the teaching programs of the many fine grade schools, high schools, colleges, and universities in the Bay Area."

Included in the Norton Simon collection are three monumental bronzes by Rodin. These, and the permanent Spreckles collection of Rodin sculpture, offer a unique comprehensive view of the French artist's work.

Marroniers et Ferme du Jas de Bouffan, a Paul Cezanne oil painting from the Norton Simon collection exhibited at the California Palace of the Legion of Honor.

Auxiliary

New Drive

A major project for the UC Hospitals Auxiliary is to provide a Meditation Room at UCSF for patients and members of their families who remain with them at the hospital.

"Many physicians, as well as nurses and other hospital personnel" said Mrs. Kay Audy, who is President of the Auxiliary, "have talked about the need for such a quiet spot. It is especially important in times of crisis."

Another spokesman for the Meditation Room is Father Tom Burns, Catholic chaplain at UCSF. "Everyone is welcome to use the little church on Irving Street, St. John of God, but it is such a long way from the Medical Center.

Father Tom Burns also spoke about the need for a place where people who are faced with the kinds of human problems associated with illness or loss of family members can find solitude. "Whether it is to pray or just quietly think," remarked Father Burns, "the need for a peaceful place is evident. A bustling, noisy hospital corridor just isn't adequate."

Persons interested in donating to the Meditation Room should call either Mrs. Audy (664-4137) or Patricia Doherty (666-4906).

Art Boutique

Beginning December 1, the Christmas art boutique this year will feature local artists' paintings, drawings, photographs, and silk screens. Prices will range from five to fifty dollars.

Articles for the boutique will be hung in the Moffitt Lobby and adjoining corridors.

Among the artists whose works will be exhibited are the Farnham's, whose decorative scrolls have been so popular in previous shows; Monique Klassman will have her charming watercolors; Bill Gregg, whose batiks are done with painterly skill; Felicity Pruden's handsome block prints; Lars Hawkes colorful and boldly designed silkscreen panels; and Marilyn O'Hare's children's paintings. There will also be reproductions of Currier and Ives' prints.

Chairman of the Art Committee, Barbara McCormick promises that this year's selection will be even more extensive than last year's.

Emmy Lou Packard Show

Exhibiting at UCSF during the month of November is the well-known Bay Area artist, Emmy Lou Packard. Her prints line the walls of Moffitt Hospital Lobby, where they will remain through November 30th.

Strawberry pickers, tide pools, and portraits are depicted in the Packard show. One print entitled "California Morning" matches the delicate outlines of thistles and a bird against a sun-punctuated sky. In another multi-colored print, a medley of curving lines merge into artichoke fields and clouds, with harvesters moving along the furrowed hills.

A native born Californian, Emmy Lou Packard's wood and linoleum block prints are probably her best-known works but she is also acclaimed for her murals and decorative wall-panels executed in either wood or mosaic. A member of Bay Area art groups for many years, Emmy Lou Packard was active in the reorganization of the San Francisco Art Festival which has become a major event in San Francisco.

Gift Sale

A gift boutique will be held December 4 in the lobby of the Medical Sciences Building. All proceeds from the one-day sale will go to the Auxiliary's funds.

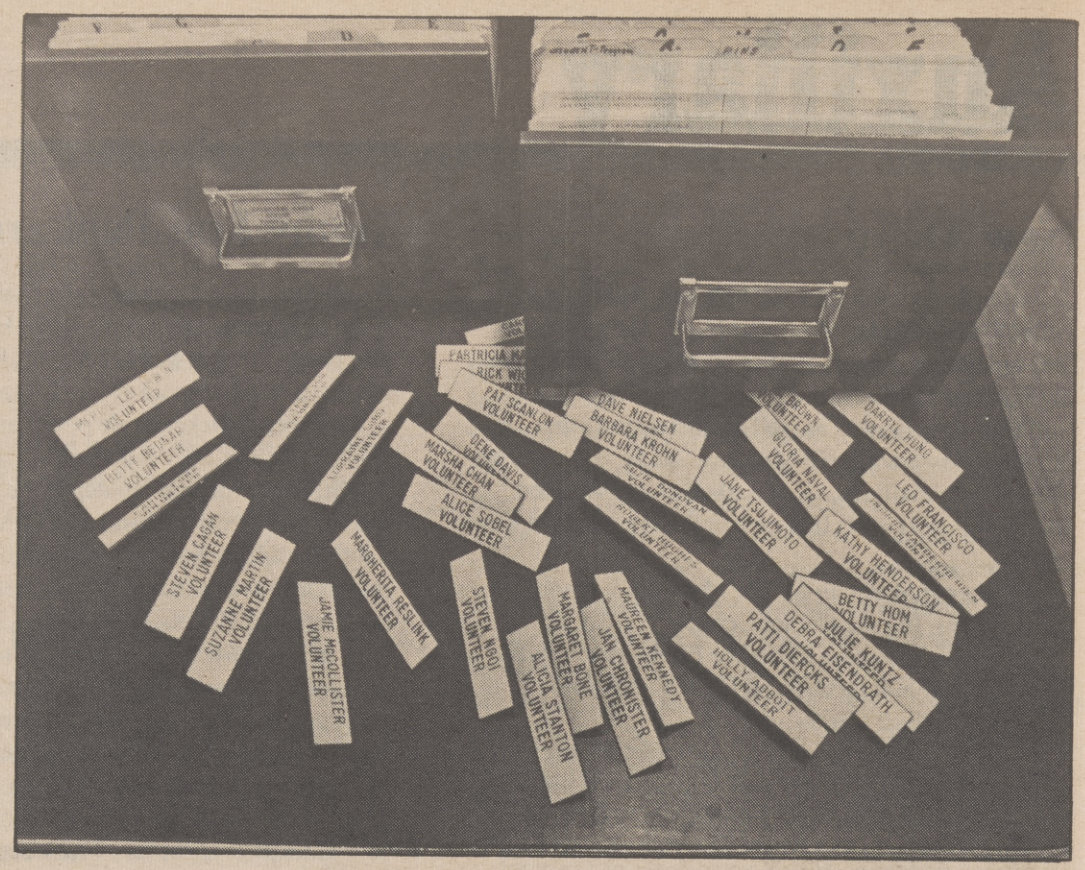
"These funds," said Auxiliary President Kay Audy, "are used entirely for patients. Whatever money is earned or donated to the Auxiliary is used only to buy the unending list of items which the Auxiliary gives to bring personal comfort to patients and to provide additional patient-care aids."

Auxiliary Membership Application
Fill this out and mail to: UC Hospitals Auxiliary, Moffitt Hospital, UC San Francisco, San Francisco 94143.
NAME_____
ADDRESS_____

Type of membership: Active—$10 per year; Alumni—$10 per year; Volunteer (those active in volunteer service in UC Hospitals)—$2 per year; Student—open to all students and their spouses—$2 a year; Contributing—$25 per year; Sustaining—$50 a year; Patron—$100 a year; Sponsor—$150 or more per year; Life—$500. Membership is tax deductible.

A "Thank You" to the Volunteers

Each year the UC Hospitals Auxiliary honors the Volunteers and presents pins recognizing hours of service. This year, Auxiliary Board members, Hospital Administrators, Volunteers, and invited guests met at University House for the annual festivities. Director of Hospitals, Robert A. Derzon, and Coordinator of Volunteers, Mrs. Betty Cunningham, took this opportunity to personally express their appreciation to Volunteer members. Presentation of pins was made by Auxiliary President, Mrs. Ralph Audy.



Shown with Auxiliary President, Mrs. Ralph Audy, are Volunteers honored for their hours of service to UCSF patients. (Left to right) Florence Smith, Alice Levy, Rachel Borst, Arthur Beckert, (Mrs. Ralph Audy), Mary Kipke, Zuletta Waylan, Mildred Baird, Hulda Wilson, Laura Gerstlacher, Norma Dahl, Peder Dahl, and in front, Mary Kane.

All ages are represented among Volunteers at UCSF. Arthur Beckert (left) a graduate of Tufts University, who is now a pre-medical student at UC Berkeley, received his pin for 100 hours of service. He is well on the way to a 500-hour pin. Arthur's assignments have taken him to Pediatrics, Admiting Office, and the Cancer Research Institute. Auxiliary President, Mrs. Ralph Audy (center), congratulates Arthur and Zuletta Waylan, a former UCSF employee who has given over 2000 hours of service in the operating room since she retired.

Volunteer George O'Hara and Marilyn Jones, Recreation Therapist in the Pediatrics Unit at Moffitt Hospital, compare notes on some of the young patients they both know. Mr. O'Hara spends whatever free hours he has with youngsters who need a visitor, or someone to feed or read to them. A publisher by profession, he is also the founder of O'Hara's Beggars, an organization to help paraplegic children wounded in Vietnam.

Auxiliary Board member Florence Witter (right) watched Betty Cunningham, Coordinator of Volunteers, demonstrate the aeronautics "ear muffs" obtained for Peder Dahl to block out the noise of his machine for making UCSF name tags.

Director of UC Hospitals, Robert A. Derzon (left), and Auxiliary members Mr. Francis A. Sooy (center) and Mrs. Piero Mustacchi were among those who arranged the annual award festivities for Volunteers held this year at University House.

Many familiar faces were seen among the guests who enjoyed the awarding of service pins at University House.

Everyone enjoyed the beauty and bounty of the attractive buffet with its delicious food and handsome setting.

photos by Tom Walters

Hospitals and Clinics: Synergy

Ultrasound Diagnosis

Because of sophisticated new equipment acquired by the Department of Radiology, patients at UCSF have the advantage of the latest diagnostic methods.

Several kinds of new diagnostic tools have been added, among them two ultrasound systems, which use sound waves of very high frequency to examine tissues of the body.

Ultrasonic diagnosis is especially advantageous to people who need repeated examinations because these can be performed in greater comfort and without hazard to the patient.

One of the ultrasound units, located in the Radiology Department, is being used by Ob-Gyn patients. It is also available to other services for detecting abnormalities of the kidneys, liver, pancreas, gall bladder, etc.

In obstetrics and gynecology, this method is being used to determine the position and development of the fetus through the course of pregnancy, and also to detect tumors of the female organs.

The second unit, purchased by the U.C. Hospitals Auxiliary at a cost of $18,000, is located in the Electrocardiogram unit, where it is extremely effective in examining heart patients. Both units are mobile, and can be taken to the patient's bedside, if needed. (Another important use of ultrasound diagnosis is to determine the position of the midline of the brain in the study of head injuries, tumors, and strokes.)

Ultrasonagraphy is an outgrowth of sonar, which was developed during World War II for tracking submarines. It uses a machine to generate sound waves far above the range of human hearing, and these are reflected back to a receiver. When the velocity of the sound wave is known, the time of the echo gives an accurate measurement of distance. Many insects and animals (including dolphins and porpoises) use variations of sonar and radar for navigation.

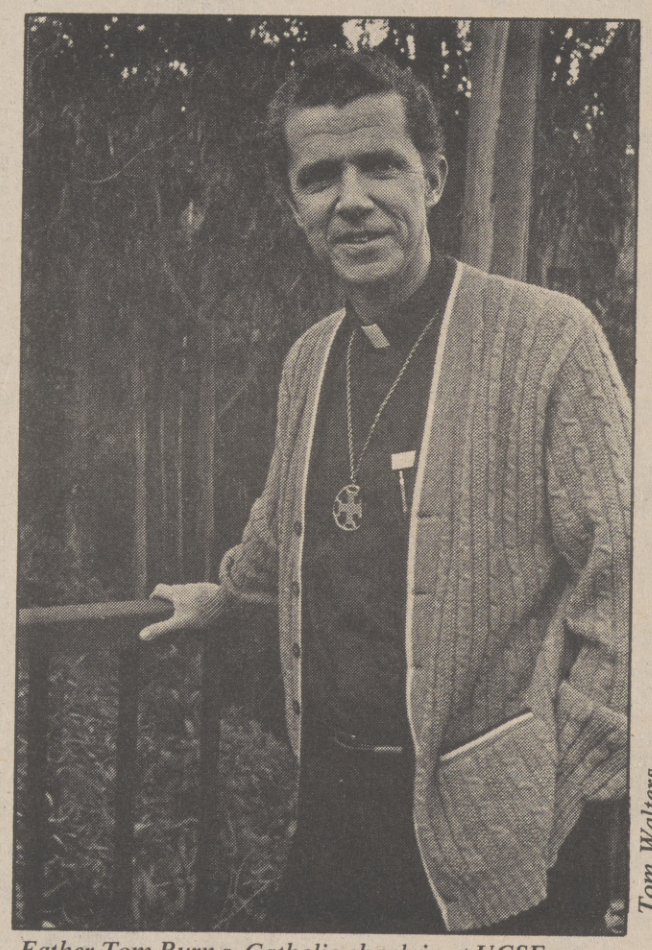
Because of their short wave lengths, ultrasound waves can be beamed with directional control. When used in medical diagnosis, the waves travel at different speeds and return in the form of echo patterns. These patterns are converted into accurate pictures of internal organs.

The patient being examined by this method is placed in a semi-reclining position and mineral oil is applied to the area to be examined. Under direction of the radiologist, a technician uses an instrument resembling a small microphone to scan the area. At the same time, a series of images appears on a television monitor. A polaroid camera attached to the unit can convert these into permanent pictures, or records can be printed electronically on pieces of paper, and spewed out of a copying machine.

While new methods such as ultrasound will not entirely replace traditional ones, they are adding a new dimension to diagnostic medicine. Some methods are more suitable than others for specific purposes.

A number of techniques, such as nuclear medicine, radiography, xeroradiography, thermography can conmplement each other and help the physician to arrive at a diagnostic decision faster and more accurately.

Claire Wray



Tom Walters

Father Tom Burns, Catholic chaplain at UCSF, and pastor of St. John of God on Irving Street.

Chaplains at UCSF

When you're a patient in the hospital, you have a lot of time to think about the meaning of life. When you face surgery, or a struggle against serious illness, you face it alone.

The religious patient will ask to see a minister for spiritual counsel. The one with no specific religious faith is often just as much in need of someone to talk to. To meet these needs, regular chaplaincy service was established at UCSF Medical Center in the 1960's. Chaplain Elmer Laursen was the first full-time chaplain on the scene when he came here in September 1960, his expenses paid by the Lutheran Social Services of Northern California.

Catholic chaplain Father John Ring was assigned by the Diocese in 1966 as pastor of St. John of God parish within the boundaries of UCSF. Recently, Father Ring left for a new parish and Father Tom Burns took over his duties as chaplain and director of the Newman Center at St. John of God Church, Fifth Avenue and Irving Street.

Father Burns, assisted by Father Ray Elam and two seminarians, covers the patient areas three hours daily, seven days a week, visiting all Catholic patients. Chaplain Laursen, who is also Supervisor of Clinical Pastoral Education at the Medical Center, supervises an interdenominational staff of five theological students who, among them, provide chaplaincy service as needed throughout the hospitals. Over 400 students —both Protestant and Catholic—have taken part in this program since 1961.

"The traditional image of the chaplain as a dour faced, Bible-carrying individual is out of date," says Chaplain Laursen who has longish gray hair and a goatee. Ideally, he believes, a chaplain should function as a member of the health care team, helping to meet the total human needs of the patient. "The chaplain should adapt himself to the patient's particular need, whether it be saying a prayer or just sitting and listening."

"Many of the chaplain interns don't wear clerical collars at first," he notes, "though eventually most come back to it as a means of identity."

The Protestant chaplain is also available to counsel students and Medical Center employees, and among his other duties, Chaplain Laursen has officiated at a number of campus weddings.

Tall, personable Father Burns served in the Navy in World War II, has been an ordained priest for 19 years, and came to UCSF from St. Thomas Canterbury parish in San Jose, where he was associate pastor. Besides ministering to all Catholic patients at the Medical Center, he offers Mass regularly at his church, where the 9:30 "folk Mass" draws a large turnout every Sunday.

The Newman Center adjoining the church is open to the entire campus community and sponsors a variety of social activities such as dances and "rap" sessions. Father Burns is also a friend to any lonely student or employee in need of spiritual counseling, or "searching for answers" in a confusing world.

In addition to the Protestant and Catholic chaplaincy services, Rabbi M. Arthur Oles, who also serves at Mt. Zion Hospital, is available to patients of the Jewish faith. Patients wishing to see a minister of any specific denomination may arrange this through the Volunteer Office.

Claire Wray

Gifts Can Help Others

A helping hand for a family unable to meet the cost of a child's surgery . . . a new wheelchair for a paralyzed patient to go home in . . . a toy to make a sick child smile on Christmas . . . These are some of the kinds of gifts you can share through a contribution to the UC Hospitals and Clinics, says William G. Gonzalez, Assistant Director, in a holiday season reminder. "Only this way," he points out, "can we meet a multitude of needs for which no other funds are available. So many patients need our help: the tiny newborns struggling to survive; the elderly hoping to live a little longer; the people of all ages who come to our Medical Center with hope for renewed health."

"Your tax deductible donation can be used to help purchase new life-saving equipment, or to provide financial assistance, or special comforts for patients such as these. Also, your gift can be doubly meaningful when it is made in appreciation of a friend, loved one or co-worker. The person you designate will receive a holiday greeting card from the Hospitals and Clinics Administration, acknowledging your thoughtfulness."

Gifts, in any amount, should be accompanied by the name and address of the donor; the name and address of the person being honored; and the specific kind of patient the donor would like to help. Checks should be made to "The Regents of the University of California" and sent to Hospitals and Clinics Administration, Room 119 M, University of California, San Francisco, CA 94143.

"As we approach the end of a tense and troubled year for our nation and the world, the opportunity for each of us to express love and concern for a fellow human being takes on new significance," concludes the Assistant Director. "It is in this spirit that we hope our friends will give to the Hospitals and Clinics Patient Assistance Fund."

On Campus

CAL Invites Participation

The Committee on Arts and Lectures (CAL) provides the UCSF campus with a continuing cycle of movies, live performances by musicians, dancers, theater groups, puppeteers, concertists, and others. All performances are open to the campus community and the neighborhood.

During the past year CAL's programming has included pianist Karl Ulrich Schnabel, author Erick von Daniken ("Chariots of the Gods?"), San Francisco Mime Troupe, Scott Beach and Victoria, Lunch Box Theatre, Neighborhood Performing Arts Workshop, and many, many others.

Friday Flicks include first run movies, as well as favorite classics. The Friday night movies shown each week at 8:00 p.m. in Cole Hall have brought to campus such films as "McCabe and Mrs. Miller," "Superfly," and "Camelot." "Fritz the Cat" will be shown on November 30th. Admission is $1.25 general and $1.00 for students.

A regular part of CAL programming are the taped classical music sessions with selections by Anatomy Instructor, Dr. Robert Glenn. Music buffs come with their lunches to relax and listen each Monday noon in Millberry.

There are 30 spots for representatives on CAL: Many are not yet filled. Representatives are appointed by the Deans of the Schools, and by employee and student organizations.

CAL is vital to this campus community. It welcomes suggestions and encourages representation from all areas of the campus. The Committee meets every Tuesday at 4:45 p.m. over coffee. Meetings last till about 6:00 p.m. Interested persons should telephone CAL, 666-2019 (Millberry Program Department) or Donna Chaban at 666-2557.

Memorial Funds for Baer and Harris

In recent weeks the deaths of two faculty members of the School of Medicine, Drs. Charlotte Baer and John B. Harris, were reported. In their honor, separate memorial funds have been established.

Charlotte Baer, M.D. had received medical degrees from Goethe University Medical School and the University of Berne prior to her enrollment at UCSF in the School of Medicine. She was a member of the Class of 1941.

Chancellor Francis A. Sooy, a classmate and friend of Dr. Baer recalled: "She was one of the most respected individuals in the class and a great personal friend to all. She was particularly known for her incredible energy, her outstanding professional competence, and her unselfish contributions to medicine and to her fellow man."

Another classmate, Dr. William O. Reinhardt commented: "The entire faculty of the School of Medicine was devoted to this outstanding and distinguished woman. She served the community, the University, and her profession with great distinction and she personified the highest principles of the medical profession."

Contributions to the Charlotte Baer Memorial Fund should be sent to the University of California, San Francisco, Gifts and Endowments Office, 1487 Fourth Avenue, San Francisco, CA 94143. Checks should be made payable to The Regents of the University of California.

John B. Harris, M.D. completed his internship at UCSF in 1954 after receiving his medical degree from the University of Chicago. He was an Established Investigator of the American Heart Association, a member of the Cardiovascular Research Institute, and an Associate Professor of Medicine in the School of Medicine, San Francisco.

Dr. Harris' major research included work on ion transport across membranes and the mechanisms of hydrogen-ion secretion by the stomach. His studies on the roles of cyclic AMP and potassium in this process were of special interest.

Dr. Harris contributed heavily to teaching in the patient care program at San Francisco General Hospital and participated in the Medical Education Affairs program, there.

During the '60s and extending up to his untimely death, Dr. Harris was especially concerned with extending educational activities for disadvantaged groups, particularly Black persons. He was one of the founders of the Black Caucus and an eminent adviser of Black medical students.

Establishment of the John B. Harris Memorial Fund for aid to disadvantaged students is in process. Inquiries about this fund should be directed to Mr. Tony Vance, extension 4537.

UCSD Centrex

The UC San Diego Hospital is now on a Centrex telephone system. All hospital numbers have been changed. If you do not know the new number, please dial "O" for the UCSF operator who will assist you.

The new inter-campus tie line to San Diego can be dialed as follows:

8 * 125 * 35 + digits for local
8 * 125 * 35 + O for Operator
* denotes dial tone.

The Sacramento Medical Center of the University of California has been added to the Intercampus Tie Line System. Dial as follows:

To reach a Medical Center number
8 * + 128 * + 129 * + 4-digit local
To reach a Medical Center Operator
8 * + 128 * + 129 * + "O"
* indicates dial tone

The main number of the Sacramento Medical Center is Area Code 916 + 454 + 2361. Mailing address is 2315 Stockton Boulevard, Sacramento, CA 95817.

Bicyclists

Bicycle riders! Bike racks have been installed on the A and H levels of the Millberry Union garage and in front of Moffitt Hospital. You are encouraged to use these racks because they provide a high degree of security.

Bicycles should *not* be parked in any public corridor or in any access areas to buildings, or in assembly areas. Bicycles will be removed from these locations. They may be reclaimed in the Police Office, H level of Millberry garage, upon proof of ownership.

Remember safety rules! Do not ride on sidewalks or on pathways restricted to use by pedestrians. Obey all vehicle traffic regulations.

Emergency

Fire or Emergency Police Response	**Ext. 1110**
Heart or Respiratory Failure	**Ext. 1234**
Emergencies Requiring Other Immediate Medical Attention	**Ext. 1037**

Staff Employee Council

The Staff Employee Council (SEC), formed in 1970 at the request of then-Chancellor Phillip R. Lee, addresses itself to the needs of employees on campus and to campus-wide problems, and serves as advisor to the Chancellor in much the same way that ASUC and the Academic Senate provide the point of view of students and faculty. There are presently 54 Council seats representing campus departments, but in recent months attendance at meetings has dwindled to 20 or 30 representatives due to change in personnel staff and/or department structures. Seats were originally assigned to departments on the basis of one representative for approximately 100 employees.

SEC exists to keep administration and employees on their toes and to speak to issues and problems before they become too large to handle; it does not merely respond to crisis situations. Active throughout the year, SEC needs active participation and representation of all the campus.

This November, the SEC holds elections for new representatives and a new chairperson. It is important that all staff participate in voting. There will be more than 60 seats this time, reflecting changes in departments and growth of the campus.

In a memo of October 18, Chancellor Sooy urged department heads to cooperate by scheduling departmental meetings, circulating the nominating petitions and ballots, and reporting to SEC and to their departments the results of the elections for SEC representatives and alternates.

Patricia Diridoni, Senior Editor in the Department of Medicine and an active SEC member, believes that one of the major reasons for the recent lack of attendance is that "everyone is feeling very passive and tired right now, tired of being asked to give time to another cause. And I think in light of what's going on in politics in our country today, it's understandable," Ms. Diridoni said.

"Another problem is that the Council hasn't had enough publicity about its activities," she added. "So, it could be assumed, too, that there are people on campus who think SEC has fallen by the wayside, and others who don't remember that it existed at all."

Actually, SEC is very active in campus affairs, and according to John Otto, current SEC chairman, there are numerous committees in which SEC representatives advise campus administrators and the Chancellor.

"For example, parking and transportation problems relate to everyone of us on campus," noted Ms. Diridoni. "One of the important functions of the SEC has been its representation on the Parking Committee. We worked hard to effect policy changes (not always successfully) and spent a great deal of time and thought on the point system so that it would be fair to all employees, some of whom had been waiting for a space in the garage for six, long years."

SEC is working with the Employee Development Division of the Personnel Office to provide additional courses in that program based on employees' needs and desires. With other campus organizations, SEC is looking at the feasibility of evaluations of employee development courses by those who took them. This would be a first step to introduce new courses that will serve career goals.

One of the suggestions applauded by members of the SEC is a mandatory, second orientation for employees after three months of work. "New employees have too much to absorb in their first few days at work," explained Ms. Diridoni. Later, there may be numerous unanswered questions, such as how to go about getting re-classified if the job description begins to differ from the job duties. And sometimes supervisors aren't sure how best to assist in re-classification in those instances."

SEC also makes presentations to other campus organizations and to the five-member University-wide Staff Personnel Board (SPB) which advises UC President Hitch on changes in Staff Personnel Policy. None of its members, appointed by President Hitch, are staff employees.

When the SPB met at UCSF last spring, SEC members discussed with them campus lay-off and leave policies and employee evaluation.

The Selections Committee for the Management Interim Program includes an SEC member, as does the review committee chaired by Jeanette Rauch (Ad Hoc Committee to Revise UCSF Regulations and UC Policies Applying to Campus Activities, Organizations, and Students). There is an SEC representative on the Long-Range Development Plan Committee, and on the Child Care Committee.

In addition, SEC responds to suggested changes in campus personnel policies. However, according to Ms. Diridoni, "Everyone should be knowledgeable in personnel policies. The Policy and Procedure Manual is available to everyone on campus. There is a copy in every department and in the Campus Library. Each of us should read it cover to cover so that we can't make excuses for not knowing our rights and responsibilities as employees of the University."

"SEC isn't a rubber stamp for decisions made by the administration and the Chancellor's office," stated Ms. Diridoni. "By our participation on all these committees, we attempt to represent the concerns of all employees and to provide input before decisions are made."

"If an individual employee approaches SEC with a problem which cannot be handled by the Council, it helps the employee find the best route for his or her particular needs. We give honest and frank advice," said Ms. Diridoni, "and we have knowledgeable people to assist the employee in solving a problem."

SEC is a direct route for communication whether in behalf of a group or an individual. It helps new employees understand the importance of supporting an organization that can initiate "non-pecking-order" of communications . . . that is, communicating with any level of campus administartion about any subject of interest to employees, without having to go through all the channels. SEC's record for accomplishing its tasks is impressive.

Becoming involved is not difficult, and it is important that all people on campus be made aware that SEC is for participation. All employees should know who is their departmental representative to SEC. With elections occuring now, it is a good time to learn more about SEC. There is a seat for every department on campus. Either the representative or alternate should attend every monthly meeting of SEC and relay suggestions, ideas, or other messages to and from other employees; and work together to effect constructive changes. SEC meets once monthly for two hours, and that time is officially sanctioned by the Chancellor as a University function (Rule 425.15: Administrative Leave With Pay).

For further information about SEC or for a copy of SEC by-laws, call Chairman John Otto, Nutrition and Dietetics, Ext. 1461; Patricia Diridoni, Medicine, Ext. 1710; Nat Rutherford, Radiology, Ext. 1570; or Charles Burbridge, Oral Pathology, Ext. 1388.

Repertory Program

A new and welcome cultural addition to the UCSF campus is the Millberry Repertory Theater conceived by Christian Brust, who runs the Bear's Wares Shop in Millberry Union. Brust is producer and director of the repertory company which is composed mostly of UCSF employees and students.

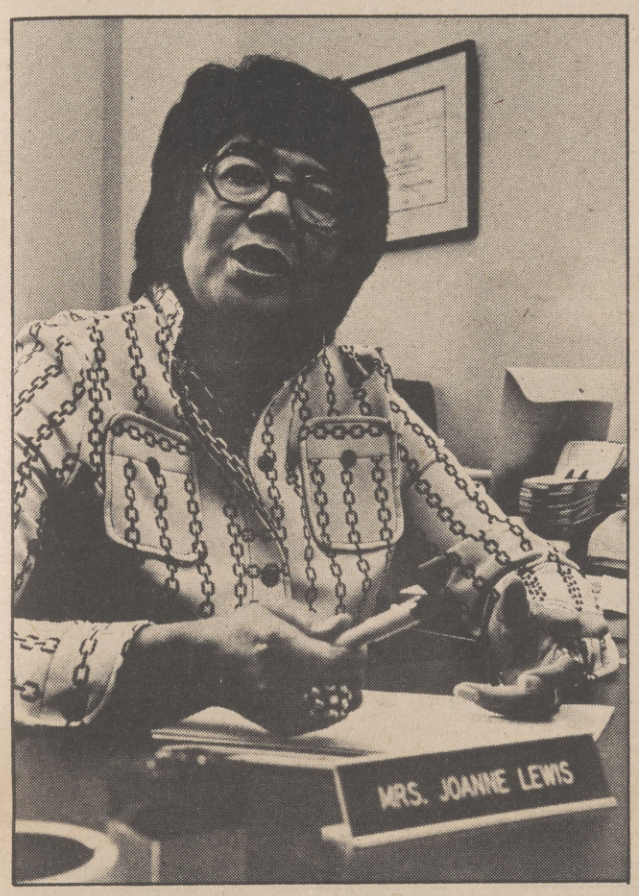
Recently the Repertory Theater presented Jean Paul Sartre's "No Exit" to a large and appreciative audience in Toland Hall. Appearing in the production were Jean Born of the Personnel Office, David Godoy from Minority Recruitment, Theodore Sparks from the Registrar and Admissions Office; and Rochelle Miller, a teacher of children's dramatics.

Says Brust: "Our goal is to develop a truly professional standard of theater." Among other future productions he would like to produce Lorraine Hansberry's play "To Be Young, Gifted and Black."

The Millberry Repertory Theater started last June 4, when a group of interested employees met to plan for the future of a self-supporting, self-sustaining source of entertainment and good theater, not only for the campus community but for the general public. Interest in forming the drama company was generated by a campus raffle. Brust says he was amazed at the amount and quality of talent existing on the campus.

The next Repertory production will be a modern sophisticated comedy-drama called "Plaza Suite" by Neil Simon. Brust describes the three one-act plays that all take place in the same setting as "bittersweet." Each episode will have a different director.

"Plaza Suite" will be performed on the evenings of December 7 and 8 in Steninger Gymnasium, Millberry Union, at 8:00 p.m. and is open to the public. Tickets are $2.00 ($1.50 for students). For further information call 666-1078 or 666-2019.



Joanne A. Lewis, Affirmative Action Coordinator at UCSF holds NCNW office.

Joanne Lewis, State Convener

Joanne Lewis, Affirmative Action Coordinator at UCSF is the State Convener for the newly formed California Chapter of the National Council of Negro Women, Inc. (NCNW). Founded in 1935, NCNW is dedicated to combatting racism. It is a national organization with almost four million women members.

NCNW recently initiated a program to form state coalitions of Black women to address themselves to solving problems which they and their families face. The California recruitment drive will culminate with a state convention at Sacramento in late 1974.

Claudette Pipkins, Compliance Officer in the Affirmative Action Office, and Personnel Analyst, Elbe Clemente, who have been named State Organizers welcome inquiries about the NCNW. Ms. Pipkins may be reached on extension 4752 and Ms. Clemente on extension 4592.

Aird Visiting Professorship

Dr. Raymond D. Adams, Chief of Neurology at Massachusetts General Hospital and Bullard Professor of Neuropathology at Harvard Medical School, was named the first Aird Visiting Professor in the Department of Neurology at UCSF.

The Robert B. Aird Visiting Professorship in Neurology was endowed in the Department and named in honor of Dr. Aird, Chairman of the Department of Neurology at UCSF from 1947 to 1966. "Each year an outstanding neurologist from the United States or abroad will be in residence in the department to enrich the teaching and research program," says Robert A. Fishman, Chairman of the Department of Neurology at UCSF.

Professor Adams was visiting professor in the department from November 5 through November 8. He also participated in several teaching conferences and ward rounds at San Francisco General Hospital and San Francisco Veterans Administration Hospital. The title of his Aird Lecture was "Metabolic Diseases

Honors

James A. Cleaver, Ph.D., Associate Professor of Radiology; and Sheldon Wolff, Ph.D., Professor of Cytogenetics; have been honored by the Atomic Energy Commission for their outstanding work in the field of radiobiology. Both Cleaver and Wolff hold appointments in the Laboratory of Radiobiology, UCSF. Dr. Wolff received the Ernest Orlando Lawrence Award which consists of a gold medal and $5,000. Dr. Cleaver's award, the Radiation Research Award, was for $1,000. He is also the recipient of the Radiation Research Society's annual award which is limited to scientists under 40 years of age. This award brought to Dr. Cleaver a citation and one thousand dollars.

Appointed

The following UCSF faculty were inducted as new Fellows of the American College of Surgeons in cap-and-gown ceremonies during the ACS annual Clinical Congress in Chicago: Charles C. Jenkins, Roger P. Friedenthal, James C. Morrison, Clinical Instructors in Surgery; Paul H. Chodroff, Thomas P. Kenefick, Jacob L. Mathis, Jr., Clinical Instructors in Neurosurgery; E. Trent Andrews, Clinical Instructor in Orthopedic Surgery; Michael W. Chapman, Assistant Professor of Orthopedic Surgery; Richard C. Maurer, Assistant Clinical Professor of Orthopedic Surgery; Daniel H. Neustein, Clinical Instructor in Urology; George F. Sheldon, Assistant Professor of Surgery; William J. Wofenden, Jr., and Alex Weisskopf, Assistant Clinical Professors of Otolaryngology.

Conserve Energy

Nat Garibaldi, UCSF Physical Plant Administrator is appealing to the campus community to conserve energy. He notes several key ways in which unnecessary waste of energy can be avoided:

1. Do not overheat. Keep thermostats at a reasonable point, such as 70-72 degrees Farenheit.
2. Turn off all lights that are not essential and turn off equipment when not in use.
3. Report all faulty items using utilities . . . heating systems, leaking faucets (especially hot water), toilets, etc.
4. Keep outside doors and windows closed when possible.
5. Laboratory equipment requiring high energy use should be scheduled for non-peak hours . . . before 11:00 a.m. and after 3:00 p.m.

Everyone can help to minimize the energy crisis. Your cooperation can reduce demands upon limited natural resources; reduce the severity of curtailment in our community; and reduce campus utility costs.

Micro-film Service

Microfilm service is now offered by Central Reproduction to help relieve the storage problem existing in many departments. This service is being offered on a trial basis to determine the effectiveness of such a program.

Those interested in putting records on film should take the material to Room C-44 with a Reproduction Requisition #F175002 attached. Papers should be ready for filming (remove paper clips and staples and mend tears). Call the Central Reproduction office before submitting material.

For information about costs and any other details, telephone Ray Guerrero at extension 1201.

Personnel Notes

The UC Retirement System (UCRS) recently mailed to all members a booklet entitled "Summary of Benefits," which describes the main points of the retirement system. Two additional publications available from the Personnel Office (Room 12 U) are:

"The Retirement Plan" (UCRS) describes in greater detail monthly income at retirement and disability and survivor benefits while you are a member.

"Voluntary Programs" (UCRS) describes additional retirement income programs in which one may participate in several different ways. A *fixed* and *variable* plan are available on an "after-tax basis" or on a "tax-deferred basis."

* * *

Every Thursday Personnel Office staff members meet with employees from 12:00 noon to 1:00 p.m. in Room 617 in the School of Nursing. It's a "Brown Bag Lunch" meeting during which employees are invited to join in an exchange of information on personnel-related matters. Everyone is welcome and urged to attend.

Help Solve Transportation Problem

There is growing concern, both by the campus and its neighbors, about traffic congestion in the campus area and difficulty in finding parking spaces. These problems, created by the use of private automobiles, could be relieved (at least partially) by greater reliance upon public transportation.

We would be interested to learn your reaction with respect to eventually abandoning the use of your automobile in favor of public transit. Your combined responses may provide useful data upon which to base requests for improvement in transportation services to the campus.

Your cooperation in trying to solve the parking situation and neighborhood traffic congestion will be appreciated and you can help by completing the following questionnaire.

Robert D. Cannon

1. Where is your residence?
   If in San Francisco, indicate zone number as shown on map _____.
   - East Bay ☐
   - Peninsula ☐
   - Marin County ☐
2. How do you get to work?
   - Auto ☐
   - Public transit ☐
   - Bicycle ☐
   - Walk ☐
3. How long does it take you to get to work?
   - Less than 15 minutes ☐
   - 15 to 30 minutes ☐
   - 30 to 45 minutes ☐
   - 45 minutes to 1 hour ☐
   - 1 to 1½ hours ☐
   - Over 1½ hours ☐
4. If you now travel to work by auto, how much longer would it take by public transit?
   - No difference ☐
   - Less than 15 minutes ☐
   - 15 to 30 minutes ☐
   - 30 to 45 minutes ☐
   - 45 minutes to 1 hour ☐
   - Over 1 hour ☐
5. If you now travel to work by auto, what could convince you to use public transit?
   - Nothing could ☐
   - Lower fares ☐
   - Completion of BART ☐
   - More frequent service ☐
   - Faster service ☐
   - Better equipment ☐
   - Other (Please explain) _____
6. If you now use public transportation, what carriers (Southern Pacific, Muni, A.C., etc.) and lines (train no., N-Judah, bus no., etc.) do you use?
   - Carriers _____
   - Lines _____
7. If you now drive but were to change to public transportation, what carriers and lines would you use?
   - Carriers _____
   - Lines _____

Thank you for completing the questionnaire. Please return it to the Office of Community Planning, 1310 Third Avenue.

Wer
Serv
Nor
clea

PACIFIC OCEAN

Wendell E. Adams, Superintendent of Building Services (center), discuses a small problem with Norman Owens (right), as James Houston applies cleanser with a brush to the outside of a window.

Windows, and there are lots of them at UCSF, are just one of a multitude of items included in maintaining facilities at this teaching medical center. The crews that clean windows are safely buckled to the building with straps capable of holding hundreds of pounds.

Kirby Ray wears a safety strap and a rubber suit while hosing the suds from the outside ledge on the 16th floor of Health Sciences tower.

photos by Tom Walters

1. RICHMOND
2. MARINA
3. NORTHEAST
4. DOWNTOWN
5. WESTERN ADDITION
6. BUENA VISTA
7. CENTRAL
8. MISSION
9. SOUTH OF MARKET
10. SOUTH BAYSHORE
11. BERNAL HEIGHTS
12. SOUTH CENTRAL
13. INGLESIDE
14. INNER SUNSET
15. OUTER SUNSET

University of California
UCSF News 897
1487 Fourth Avenue
San Francisco, California 94143

Nonprofit Org.
U.S. Postage
PAID
San Francisco, California
Permit No. 8285

Inside

The nutritional needs of those who are ill or severely injured demand special measures which often are a determining factor in recovery. 1

Prevention of gum disease and tooth decay is emphasized in the School of Dentistry teaching program. 3

"Outdoors Unlimited" welcomes both community and campus participants. 5

A diagnostic machine that uses ultra-sound waves adds to patient safety. 10

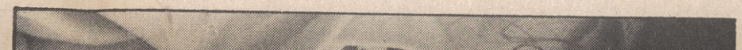
UCSF NEWS

VOLUME I Number 5 November 1973

Sky and Suds (see page 15)

With
Matt
by h
save

A
deliv
Aub
the i
prob
Mem
the t
Dr. C
depe
care
unit
that
Moff

A
emerg
nurse
of nev
Syndr
to Au
lot, th
devel
Penry
called
nurse

Kath
are p
Math